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MOTIVATION IN CHALLENGING TIMES

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Motivation in Challenging Times



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Many thanks to Dethra Giles,
Founder of ExecuPrep

Mo.ti.va.tion

/mōdə'vāSH(ə)n/

noun

1. the reason or reasons one has for acting or behaving in a particular way.
2. the general desire or willingness of someone to do something.

Challenge

- Issue
- Fix
- Hot Water
- Jam
- Pickle
- Predicament
- Quagmire
- Tough
- Dilemma
- Quandary
- Conundrum
- Puzzle
- Riddle
- Catch 22



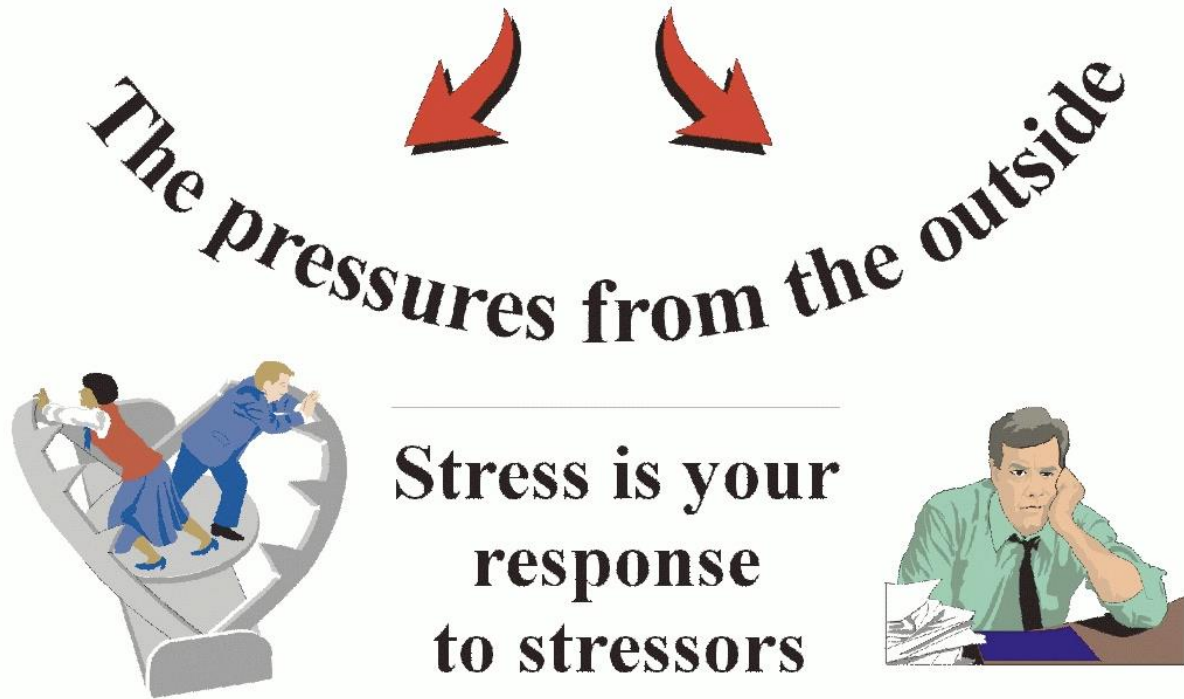
Tell Me



Put Yourself First



STRESSORS AND STRESS



Identify Your Stressors



The Art of Motivation

Motivation is not happiness

Motivation is not automatic

Motivation is not an outside job



Now What?




How Do We Dig Out?



STOP DIGGING

**The problem is never
how to get new,
innovative thoughts into
your mind, *but how to
get the old ones out.***

- Dee Hock



**A desk is a
dangerous place
from which to
watch the world.**

- John le Carré



**You do big things by doing lots
of small things.**

- Philip Diehl, Director US Mint



Small Wins

What makes small wins so
successful in creating
momentum for change?



Current Challenge



~~Current Challenge~~

Current Opportunity

**Challenge
The
Process**

**Look outward for
ways to improve**

One Step At A Time



The background features two large, decorative, curved lines. One line, in shades of blue and green, curves from the top right towards the center. Another line, in shades of green and blue, curves from the bottom left towards the center. Both lines have a soft, multi-layered gradient effect.

Small–Win Opportunity

Challenge The Process

**Look outward for ways
to improve**

**Experiment, take risks,
learn from experience**

Key Actions for Generating Small Wins

Break it
down

Make a
model

Keep it
simple

Do the easy
stuff first

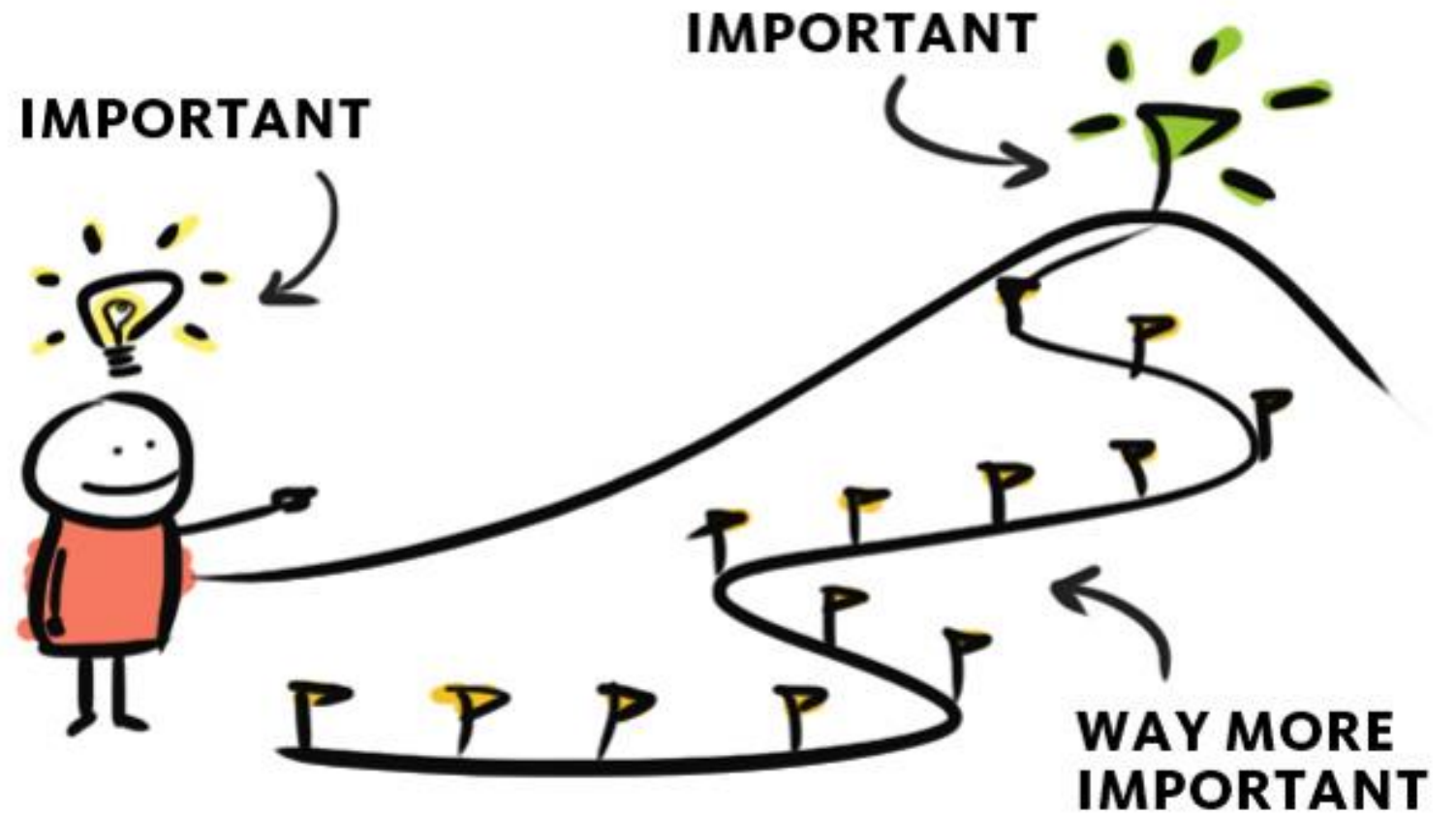
Accumulate
yeses

Experiment

Give
feedback

Celebrate

Move to Motivation



4 Ps to Motivation

Process

Passion

Purpose

Personal

Process

“If you can’t describe what you are doing as a process, you don’t know what you are doing.”

- W. Edwards Deming

Process

The enemy of accountability and accomplishment is ambiguity.

Passion

**“Passion is Energy.
Feel the Power
that Comes from
Focusing on what
Excites You.”**

– Oprah Winfrey



Passion

**“Far and away the
Best Prize that life
offers is the chance
to Work Hard at
Work Worth
Doing.”**

Theodore Roosevelt



Purpose

“The two most important days of your life are the day you are born and the day you figure out why.”

– Mark Twain

Purpose

If you have a strong purpose in life you don't have to be pushed. Your purpose is your push.

**“Self-care is not self-indulgence,
it is self-preservation.”**

– Audre Lorde



Personal

If your compassion does not
include yourself, it is
incomplete.



Personal



Now What
